PAIN MYTHS & FACTS:

WHAT EVERYONE SHOULD KNOW ABOUT HOW PAIN WORKS

MYTH



Kids' pain experiences **don't matter**
...they forget them anyway.

FACT



Wrong!
Our early pain experiences have **long term impact.** They change the way we experience pain and **how we feel about healthcare** into adulthood.

MYTH



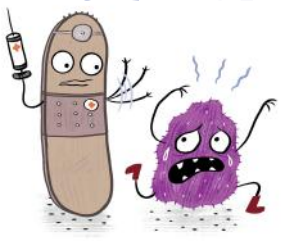
Pain = how much damage there is to your body.

FACT



Nope... **MANY** things, including your **thoughts, feelings, stress level, and what's going on in the world** around you matter too.

MYTH



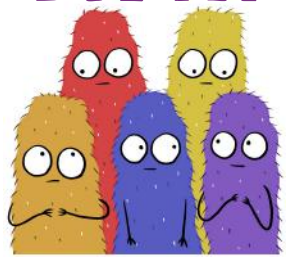
There is **nothing** we can do to prevent the freakout around needles for kids or adults.

FACT



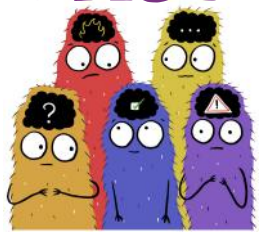
Nope. There are simple, effective, **research proven strategies** that make needle pokes and other procedures a lot easier and more comfortable.

MYTH



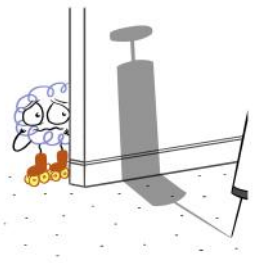
Pain is the same for everyone.

FACT



Pain is DIFFERENT for everyone.
It's even different for the same person, depending on what's going on in their world. It depends on **MANY** things, including past pain experiences, genetics, stress, mood, culture, etc.

MYTH



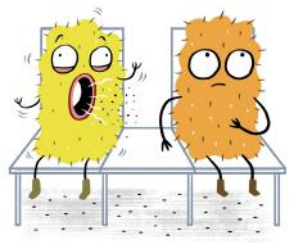
Needle anxiety is **rare.**
I'm the **only one** I know who has it.

FACT



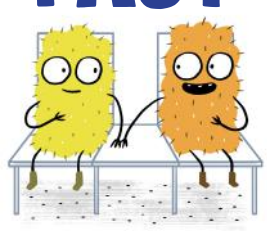
Unless you're a hermit who lives in the woods, this is **impossible. 25%** of **adults, 50%** of **teens,** and **63%** of **kids** are freaked out by needles... we just **don't talk about it** enough (yet!)

MYTH



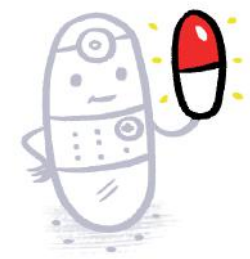
People who are scared of needles just need to ***suck it up***
...it's no big deal.

FACT



It is a *REALLY* BIG deal!
It's a fear that likely developed in childhood, is **VERY** common, and can have a major impact. People need skills and support...not shame.

MYTH



Medication is **always** the solution to pain.

FACT



While meds can often be useful, there are many **other** things that help too. **Lowering stress, sleep,** and other **self regulation strategies** can make a very big difference.

MYTH



If psychological techniques like **mindfulness** and **stress management** work for my pain, it means my pain **isn't real.**

FACT



NOOOOOOOO!
It means you're doing a **great job taking care of yourself** and that you understand pain is a biological, psychological, **AND** social experience. By changing our psychological state, we change our **VERY REAL** pain experience.

MYTH



I can't function or **do anything** until my pain is gone.

FACT



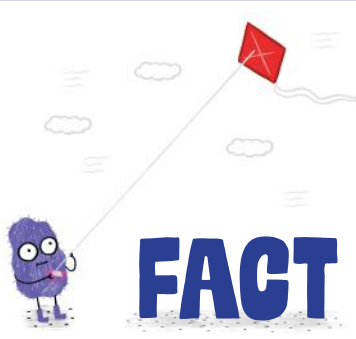
Unfun reality:
Finding ways to get back to normal life and activites needs to happen **BEFORE** the pain goes away. It's about learning new **coping strategies**, new **habits**, and **changing the way you think** about pain.

MYTH



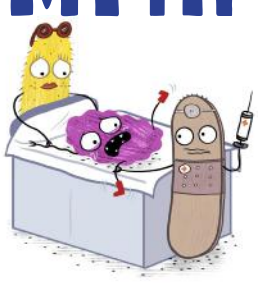
I am **always** going to feel as **bad** as I do right now.

FACT



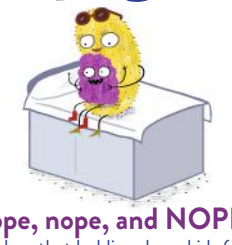
Your brain and body are **always** changing, so **pain can change too.** With the right kind of intervention, there is great research evidence that **you can feel a whole lot better.**

MYTH



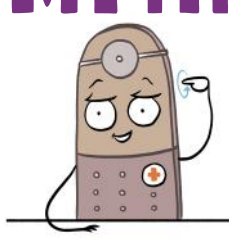
It's O.K. to hold my kid down for needle pokes.

FACT



Nope, nope, and NOPE.
Research is clear that holding down kids (particularly on their backs) is a recipe for **medical trauma.** There are great **comfort positioning techniques** that allow for kids to be both safe and comforted.

MYTH



If I say **anything** about what works for me or my child for pain management, medical providers will be **mad and insulted** and might ***not*** want to care for me.

FACT



You and your medical team have the same goal...
to create a **good healthcare experience** for you & your kiddo. Collaboration makes that happen. You combine their medical expertise **AND** your expertise in you and your child.

Meg Foundation
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